

## What makes a bully *tick*?

Most bullies pick on other kids because they like to feel powerful and in control. Instead of earning respect, they try to make other students feel intimidated.

### What would you do if you were in Colin's shoes?

Who are some people Colin could talk to?

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What are some things Colin can do to stop being bullied?

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What's likely to happen if Colin does nothing?

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Write an ending to the story describing what Colin does to stop being bullied by Rudy. Who does he turn to for help? What happens to Colin? What happens to Rudy?

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# A work in progress

Middle school is a time when everything starts to change—especially your mind and body. That's why it's important to:

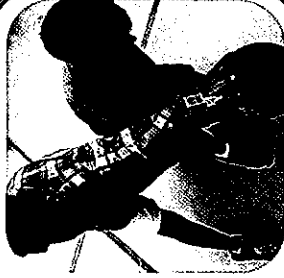
## Eat right

Remember, you are what you eat. Kids who don't eat healthy food—well, you get the picture. Check out the *What's Up WITH STARTING* MIDDLE SCHOOL Web site to learn more about good nutrition.



## Exercise

Too much couch and computer time can drag you down. Aim for at least 60 minutes of activity on most—preferably all—days of the week. You'll look and feel better—and you may even do better in school! (Check with your health-care provider before starting an exercise program.)



## Sleep

Sounds obvious. But as a middle school student, you'll probably need more sleep than ever before. Sleep helps your body make it through all the changes you're experiencing.



## De-stress

Good food, sleep and exercise will help you chill out when the heat is on. So will a bit of fun and laughter. Take time to unwind with a funny movie—or call up a friend and make plans to do something fun.



If you start to feel **REALLY** down about yourself or are having trouble eating, sleeping or doing your usual activities, talk to a parent, school counselor, teacher, school nurse or your health-care provider.

## On your own terms

Your body, mind and emotions are all changing on their own timetables. For example, you may notice that your hair is oilier, or you're getting pimples on your face, back or chest. Some boys and girls develop faster than others. The main idea is to learn to like and accept yourself for who you are. Remember, no one is perfect.

For now, spend a few minutes thinking things over, and write down:

## Qualities you like about yourself

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## Things you might like to change (within reason, of course)

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## What you might do to improve things in the meantime

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# Walking a balance beam

The path through middle school can seem tricky at times. Here are some things to remember:

## Looking ahead

doesn't mean you have to turn your back on your family. Sure, you're learning to be more independent. But it's also good to know you have people who care a lot.

## The recipe for success

includes a healthy mix of schoolwork, sports and activities, family, friends and free time.

## Taking care of yourself

physically, emotionally and mentally has new meaning in middle school. That's because you're making lots of the calls!

**Check out**  
[www.whupmiddle.school.com](http://www.whupmiddle.school.com)  
 (password: StartMiddle)  
 for more fun and information.



## Plugging in

Lots of people are ready, willing and able to help you have a successful middle school experience. But now that you're older, it's up to you to try to reach out. Fill in your name in the bulb at the center by the outlets, write the outlets, write the names of the people you can call on for help.

Teachers



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Principal or  
vice-principal



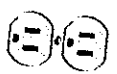
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Guidance counselor, school  
psychologist or  
school social worker



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Friends



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Parents



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Family members



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Others



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Middle school can be lots of fun—especially if you decide to make it that way!

